LONDON metro®

Lotto MAX Friday's Jackpot
$50 million estimated
PLUS 50 x $1 MILLION MAXMILLIONS PRIZES estimated

LEAVE IT TO MCKEEVER

VISUALLY IMPAIRED ALBERTA SKIER'S GAMBLE PAYS OFF WITH A GOLD MEDAL — CANADA'S FIRST AT 2014 PARALYMPIC WINTER GAMES IN SOCHI PAGE 18

Can't make a reservation? It may end up costing you

Charge customers who make restaurant reservations and don't show, says expert PAGE 3

Science behind an out-of-body experience

A pair of researchers from the University of Ottawa use science to explain the phenomenon PAGE 4

From skinny jeans to talking goalie screens

George Stroumboulopoulos named host of Hockey Night in Canada next season PAGE 17

NEWS WORTH SHARING.

Knights give $100K to kids hospital

'Making the kids' days brighter.' Donation will help start program at the Children's Hospital, create a common area for patients, says marketing director

DAVE LANGFORD
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Chris Tierney and Josh Anderson are two London Knights who have contributed heavily to a near-record 301 goals scored by the OHL team this season.

Off the ice, they have set their sights even higher.

Every second Tuesday all season long, the Knights' captain and assistant captain pay a visit to Children's Hospital in London to put smiles on the faces of many, many young patients.

"Me and Chris, we are there because we wanted to be there. Going there every other week, making the kids' days brighter," Anderson said Monday.

The two players were part of a cheque-presentation ceremony at White Oaks Malls on Monday as the Knights, represented by head coach and owner Dale Hunter, handed over $100,000 to the Children's Hospital Foundation.

Having Tierney and Anderson as part of the hand-off was important as they are the faces of the Knights this year at the hospital. Last year, the hospital's regular biweekly visitors were captain Scott Harrington and forward Seth Griffiths.

Tierney said he and Anderson made the request to get involved this year after hearing and seeing what the visits meant to their teammates in years gone by.

"There's a lot of community work we do, school visits, hospital visits," Tierney said.

"This is one me and Andy really wanted to do, and it's so much fun being able to go there and see the kids have a smile on their face when we come in."

Knights' director of marketing Geoff Hare said the program of player visits began soon after Mark and Dale Hunter bought the team more than a decade ago.

"Usually two players in the room rise to the occasion each year and they kind of selected themselves. Usually the leaders of our team want to go," Hare said.

Hare said the $100,000 donation Monday was to help start a program at the hospital and to "create a common area" for patients.

Quoted

"They look forward to it, to us coming in, and we look forward to seeing those kids. Not everybody is healthy."

Knights forward Josh Anderson on visiting the Children's Hospital in London every second week with teammate Chris Tierney

Rookie Aiden Jamieson was among the London Knights on hand to sign autographs Monday at White Oaks Mall as the team rallied fans and announced a donation to Children's Hospital. ANGELA MULLINS/METRO

Emily Nielsen, president of Nielsen IT Consulting, is counting on the Roundhouse project in SoHo to help build her business. SCOTT TAYLOR/METRO

Local co. takes the Roundhouse leap

The old to the new. After 15 years, president of Nielsen IT Consulting says, 'It's time to spread our wings'

SCOTT TAYLOR
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The Roundhouse has its third tenant, and this one plans to bring some old into the new.

That makes sense, because Nielsen IT Consulting helps businesses with the transition to new communications technologies. After steadily growing the business over 15 years in London, president Emily Nielsen said it's time to make the leap from a home-based office.

Nielsen said most of her employees have been working from home the past four or five years by using the same telephony equipment she recommends to her customers. It's worked well, but they're in a position now to hire new people and she wants them to learn the ropes the right way.

The company will be occupying the most eastern part of the Roundhouse development in SoHo — a project that's renovating a former Great Western Railway Roundhouse and turning it into a hub occupied by tech businesses.

"It's important that they're surrounded in an office environment and they can pick up a lot from the more senior management experience," Nielsen said. "You just don't get that working from your home."

The equipment she uses transfers voice, video and data seamlessly, but the nuances of business can be lost for rookies.

"It's time to spread our wings and have a really dynamic meeting place," she said.

The space Nielsen's company is moving into will keep some of the Roundhouse history alive, with the original brick and mortar remaining intact. But the office walls will be comprised of glass, and there will be very little drywall.

And, Nielsen added, some stained glass and other artwork from the historic building was snatched up at auction and will be incorporated into the design.

London-based Rtraction and ATMOS Marketing will be sharing the Horton Street structure with Nielsen when renovations are completed this summer.

Quoted

"This space will give me an opportunity to look for the right candidates to help us grow our business."
Emily Nielsen, president of Nielsen IT Consulting

High-tech explosion

Roundhouse undergoes 'gorgeous' renaissance

Interest in the Roundhouse — currently undergoing massive renovations at Horton and Waterloo streets — is so high that the property's owners may expand it further once the first three tenants move into their new space this summer.

"The project scope is morphing and changing over time, and because of demand we may see some exciting things that will spring forth in the future," said Creative Property Developments vice-president Patrick Ambrogio. "We're very excited about where this is heading."

With three high-tech companies already signed on the dotted line, Ambrogio said the city is experiencing a high-tech explosion.

It's expected the first companies will be able to move in some time in June or July.

Ambrogio said the renovation thus far has been extraordinary. The former Great Western Railway Roundhouse, built in the 1880s, had been modified over the years, turning it into a practical maze, he said.

When work is complete, the building will once again be a wide-open space.

"We reconstituted all the timber back to its original position," Ambrogio said. "It's beautifully symmetrical. It's gorgeous."

SCOTT TAYLOR/METRO

St. Thomas. Police look for information after possible child-abduction attempt

St. Thomas police are investigating after a scary incident involving two eight-year-old girls.

The girls said they were walking on Owaissa Street on Saturday at about 3:30 p.m. when they were approached by a man in an older, full-size red pickup truck.

The man asked if they wanted to go for a ride and when they refused, he tried to physically pull them in, the girls said.

The girls managed to run to a nearby residence and call police. The man quickly left the area.

He's described as white, in his 40s, standing about five-foot-10, with black, bushy hair and a beard. He was wearing a black three-quarter-length coat at the time.

Anyone with information is asked to contact St. Thomas police. SCOTT TAYLOR/METRO

Speeding

Man charged after clocking twice the speed limit: Police

A 19-year-old man is facing charges after police said he was clocked travelling more than double the speed limit Sunday in Woodstock.

The man, whose name has not been released, was picked up in the area of Norwich and Parkinson about 11:30 a.m. driving a 2012 Honda Civic registered at 110 km/h in a 50 km/h zone, police said. METRO

Drunk driving

Ingersoll man arrested after citizen tip

A Ingersoll man was charged Saturday after police were tipped off to a suspected drunk driver.

A tipster noticed the car headed into Woodstock on Beachville Road about 9:30 p.m., and police stopped Frederick Wellar, 66, on Ingersoll Road. Officers determined he had been drinking and laid charges. METRO

Trespassing

Cops called after woman walks into stranger's house

A woman has been charged with trespassing after police said she made her way into a stranger's house about 2:30 a.m. on Saturday.

Police were called to the Adelaide Street home after the owner woke up and found the woman, who had been drinking.

The 25-year-old was arrested at the scene. METRO

Local expert has no reservations about charging resto no-shows

'Serious problem.'
Slim profit margins means cost of holding a table is very real

SCOTT TAYLOR
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It's the bane of restaurateurs: the empty table reserved for customers that never showed up.

What's worse, the dropped reservation may have cost the establishment money by turning another party away.

London restaurant consultant Brian Blatnicki described the issue in a recent blog post.

"On any given night, between two to eight parties don't show up to London restaurants while not letting the establishment know," he wrote.

It's a serious problem, he said, especially for smaller establishments. Blatnicki thinks the answer might just be charging those who don't show up.

Blatnicki posted a tweet written by a disgruntled customer, who was upset because a restaurant had asked her for a credit card number before it would hold a table for her on Valentine's Day. The idea is that she would have been charged a fee if she did not show up.

But Ontario Restaurant Hotel and Motel Association president Tony Elenis said charging no-shows is the right thing to do — the restaurant is covered and patrons that do arrive have their tables waiting for them.

"At the end of the day, if you have a restaurant and you have empty seats, that's an issue," he said.

"It's a very tough industry with very slim margins. One seat or two seats don't show up and you hold that all night, that's a loss to the restaurant."

He said as long as the establishment communicates clearly with the customer that they'll be charged, it's a good thing.

Read the post

Blatnicki's blog can be found at medium.com/p/fbf85f1920c6

Handling no-shows

Some restaurants use social media to "out" chronic cases of skipped reservations.

- Others demand a credit card number before allowing a reservation.
- Still others simply keep a record and refuse to allow some to reserve a table.

Mission Services

Car crash brings down sign post

A street sign post came crashing down onto the roof of Mission Services Monday after a crash near Hamilton Road and Rectory Street.

No serious injures were reported after a car hit a tow truck. The truck was then pushed into the post, causing it to topple onto the building.

A damage estimate for the building was not available. METRO

The scene after a Monday crash by Mission Services. CONTRIBUTED

Thirteen new cases

Flu season not over yet

Signs that the flu is nearly done plaguing London were short-lived.

The Middlesex-London Health Unit saw an uptick in flu activity last week, with 13 new cases reported. Of those, five required hospitalization.

Only three new cases were reported for the final week of February.

The new cases bring the season's grand total to 208 since Sept. 1. METRO

Privatization: healthy, wealthy and wise?

The London Health Coalition rolled hospital beds littered with champagne bottles, bags of money and fancy chocolates onto Richmond Street on Monday as members started up the local leg of a provincial campaign to fight privatization of health care. The local coalition has opened an office at 620 Richmond St. where they'll be co-ordinating their petitioning efforts. On April 5, the coalition will have a referendum across Ontario with the goal of getting 50,000 people to vote against the decision to move hospital services to private clinics. ANGELA MULLINS/METRO

Voices.com. Voice-acting agency commits to hiring 30 new employees by fall

A London company is promising to expand as it marks a decade in business.

Voices.com has committed to adding 30 positions in the next six months, bringing its workforce to 70 people by the fall.

The company, which runs an online marketplace that matches voice actors with businesses in need of their talents, was founded in 2004 by husband-and-wife team David and Stephanie Ciccarelli.

To make way for the new hires, the company is undertaking extensive renovations to its 6,000-square-foot office at Richmond Street and Dufferin Avenue. Plus, it's taking over a second floor within the same building.

"Working on two floors will allow functional teams to work more closely together," David Ciccarelli said.

"The additional office space will house the company's marketing staff and sales team, while the original floor will house customer service, human resources, finance and IT and will become a training ground for all new hires as they are immersed in our unique corporate culture."

The company is making its way to job fairs and hiring events in London and throughout southwestern Ontario as it looks to fill the new jobs.

Positions to be filled include a business-development specialist, account manager, project administrator and web developers.

Check voices.com/company/careers for details. METRO

David Ciccarelli and his wife, Stephanie, founded Voices.com in 2004. Its been growing quickly with a large expansion in the works. METRO FILE

People power

Operating out of London, Voices.com serves more than 250,000 clients around the world.

- Clients include the likes of NBC, ABC, History Channel, PBS and Discovery Channel.
- Upcoming stops in the company's recruitment efforts include Western University's Nspire Startup Career Fair on Thursday and the university's Career Crawl on March 18.

Bieber a no-show for first court date

Justin Bieber's lawyer Brian Greenspan talks to media outside court as Bieber fans look on in Toronto on Monday. The roughly two dozen Bieber fans were left heartbroken when the teen heartthrob did not show up for his first court date. The pop star faces assault charges relating to an alleged incident involving a limo driver in December of last year. CHRIS YOUNG/THE CANADIAN PRESS

Heroin a 'public health crisis.' First responders should carry antidote: U.S. attorney general

U.S. Attorney General Eric Holder on Monday called an increase in heroin-related deaths an "urgent and growing public health crisis" and said first responders should carry with them a drug that can reverse the effects of an overdose.

The video message posted on the Justice Department's website reflects the federal government's concern about the growing prevalence of heroin and prescription painkillers. The number of overdose deaths involving heroin increased by 45 per cent between 2006 and 2010, according to the White House Office of National Drug Control Policy.

"Addiction to heroin and other opiates, including certain prescription pain-killers, is impacting the lives of Americans in every state, in every region, and from every background and walk of life — and all too often, with deadly results," Holder said in the message.

His public support for an antidote that could be used to rescue overdosing drug users mirrors the position of the White House drug policy office, which has also urged all first responders to have the medication on hand. At least 17 states, including Washington, D.C., allow naloxone — commonly known by the brand name Narcan — to be distributed to the public, and bills are pending in some states to increase access to it.

Advocates say Narcan, which comes in a spray and injectable form, has the potential to save many lives if administered within a certain window. But critics fear that making the antidote too accessible could encourage drug use.

THE ASSOCIATED PRESS

Quoted

"Confronting this crisis will require a combination of enforcement and treatment. The Justice Department is committed to both."

U.S. Attorney General Eric Holder

Barrie, Ont.

Mom arrested for allegedly getting child to steal

A woman is facing charges after allegedly distracting a cashier so her young child could steal items from a store. Police in Barrie say an eight-year-old was pushing a shopping cart loaded with $1,500 worth of power tools out to a waiting taxi, while the mother was distracting store staff. Investigators say the woman was arrested and the child was sent home in the taxi.

THE CANADIAN PRESS

10.7 billion trips

Public transit booming in U.S.

Americans are boarding public buses, trains and subways in greater numbers than any time since the suburbs began booming. Nearly 10.7 billion trips in 2013, to be precise — the highest total since 1956, according to ridership data reported by transit systems nationally and released Monday by the American Public Transportation Association.

THE ASSOCIATED PRESS

Out-of-body experience finds a safe landing pad in science

U of O. Researchers conducted a study on a woman who can voluntarily have an out-of-body experience

LUCY SCHOLEY
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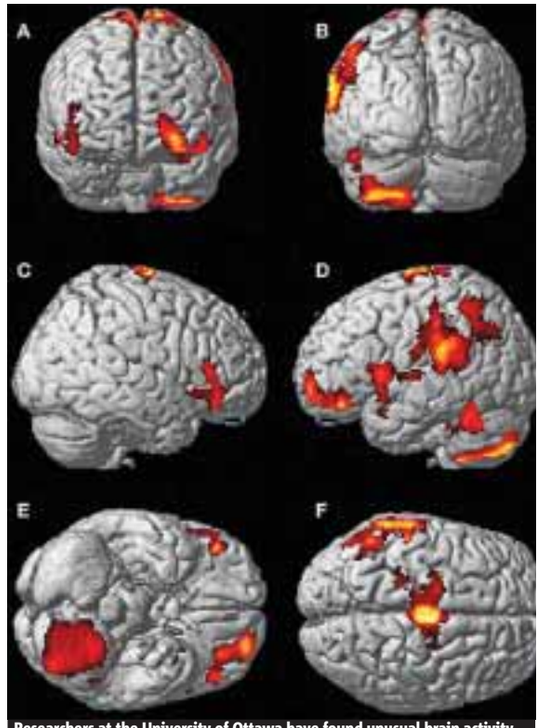

Researchers at the University of Ottawa have found unusual brain activity that could be linked to the feeling of an out-of-body experience. CONTRIBUTED

An out-of-body experience might sound like something from a paranormal movie or a religious cult, but a pair of researchers from the University of Ottawa have the science to back the curious case.

Claude Messier and Andra Smith conducted a study on a woman who can voluntarily have an out-of-body experience. It had become common practice for the 24-year-old, who said she started doing it when she was a child to help her fall asleep.

Messier and Smith conducted functional MRI scans of the woman while in this state and found that there's brain activity linked to the feeling of being lifted out of one's body or seeing one's body while outside of it. They had her imagine she was doing jumping jacks or roll over while in this out-of-body state.

Normally, when one imagines doing jumping jacks, both sides of the brain are active. But in this woman's out-of-body state, the scanned images showed activity predominately on the left side of the brain.

"That was a cue to us that we were just doing something different than just regular imagery," said Messier.

"It was a bit of a surprise and we certainly didn't expect anything special," he said, adding that they tested her twice. "We were a bit unsure, skeptical, that this was actually happening."

This woman was an interesting case, said Messier, because most people have out-of-body experiences following a traumatic event or drug use. While typically frightening — especially for those experiencing them for the first time — this woman was able to do it on her own terms.

Since this study was published, Messier said he's heard from other people who say they can voluntarily have out-of-body experiences. He's also seen blog articles that link this study to religion or paranormal activity, but he said those are misleading.

"There's science that backs the idea that the brain generates our body image and that changes in the brain, very often pathological, can induce the out-of-body experience," he said.

Quoted

"There's science that backs the idea that the brain generates our body image and that changes in the brain, very often pathological, can induce the out-of-body experience."

Claude Messier, a researcher at U of O

Research

Most people have out-of-body experiences following a traumatic event or drug use.

- These experiences are typically frightening — especially for those experiencing them for the first time.

South Sudan. Protesters denounce UN after weapons found in truck

Hundreds of young South Sudanese men marched in protest of the United Nations on Monday following the discovery of land mines inside a UN truck that was marked as carrying food.

The rally participants marched through the city and shouted slogans of support for President Salva Kiir while also denouncing Hilde Johnson, the top UN official in the country. Protesters accused Johnson of supplying arms to rebels fighting South Sudan's government.

"The transport of cargo of general goods belonging to the Ghanaian battalion (was) on its way to Bentiu. Several containers were wrongly labelled and inadvertently contained weapons and ammunition," said UN spokeswoman Ariane Quentier. THE ASSOCIATED PRESS

Security report

An internal UN security situation report over the weekend said the government impounded 12 UN trucks.

Syria

Ordeal ends for abducted nuns

Syrian militants released a group of Greek Orthodox nuns Monday in exchange for dozens of women held in government prisons — a rare deal between Damascus and al-Qaida-linked rebels that was mediated by Qatari and Lebanese officials.

The dramatic scene of the nuns being freed from vehicles in the dead of night along the Lebanese-Syrian border, bidding their captors a surprisingly friendly farewell, ended the women's three-month ordeal.

The nuns were captured as opposition fighters overran a Christian village and were held in a border town. They were released as government-backed forces battled their way into the strategic border town in which they were held. THE ASSOCIATED PRESS

Russia warns Ukraine over 'lawlessness' in east

Geopolitical crisis. Minister says nation in near state of war

Ukraine's foreign minister said Monday that his country was practically in a state of war with Russia, as Moscow further ratcheted up pressure on Kyiv, claiming that Russian-leaning eastern regions have plunged into lawlessness.

Russian forces have effectively taken control over Ukraine's Crimean Peninsula in what has turned into Europe's greatest geopolitical crisis since the end of the Cold War. On Sunday the region is to hold a referendum on whether to split off and become part of Russia, which the West says it will not recognize.

"We have to admit that our life now is almost like ... a war," Foreign Minister Andrii Deshchytsya said before meeting his counterparts from Belgium, the Netherlands and Luxembourg. "We have to cope with an aggression that we do not understand."

Pro-Russian protesters, right, clash with Crimean Tatars in front of a local government building in Simferopol, Crimea, Ukraine, in this Feb. 26 photo. The arrival of Russian troops in Crimea has opened old wounds among the Crimean Tatars, who once again fear they will be unwelcome in their homeland. DARKO VOJINOVIC/THE ASSOCIATED PRESS

Deshchytsya said Ukraine is counting on help from the West. Prime Minister Arseniy Yatsenyuk is to meet with U.S. President Barack Obama in Washington on Wednesday.

On Monday, the Russian Foreign Ministry said lawlessness "now rules in eastern regions of Ukraine as a result of the actions of fighters of the so-called 'Right Sector,' with the full connivance" of Ukraine's new authorities.

Right Sector is a grouping of far-right and nationalist factions whose activists were among the most radical in the Ukrainian capital, Kyiv.

Pro-Russia sentiment is high in Ukraine's east and there are fears Russia could seek to incorporate that area as well. THE ASSOCIATED PRESS

Black Twitter gains followers online and IRL

Trending. The modern twist on the barbershop 'brings the fullness of black humanity into the social network'

When a U.S. jury convicted Michael Dunn of attempted murder, but not actual murder, in the shooting death of a black teenager, the hashtag #dangerousblackkids popped up on Twitter. Users posted photos of black babies and toddlers, making fun of the fear that Dunn testified he felt before opening fire on a car full of teens at a convenience store.

That hashtag was the calling card of Black Twitter, a small corner of the social media giant where an unabashedly black spin on life gets served up in 140-character instalments.

Black Twitter offers self-expression online, 140 characters at a time. THE ASSOCIATED PRESS

Black Twitter shares opinions on everything from President Barack Obama to the latest reality TV show. But Black Twitter can also turn activist quickly.

"Black Twitter brings the fullness of black humanity into the social network, and that is why it has become so fascinating," said Kimberly C. Ellis, who has a doctorate in American and Africana Studies, tweets as @drgoddess and is studying Black Twitter for her upcoming book, The Bombastic Brilliance of Black Twitter.

According to a Pew Research Center report, while similar numbers of blacks and whites use the Internet — 80 per cent and 87 per cent, respectively — 22 per cent of those blacks who were online used Twitter in 2013, compared with 16 per cent of online whites. THE ASSOCIATED PRESS

Come to where the controversy is. Come to vapers country.

A patron exhales vapour from an e-cigarette at the Henley Vaporium in New York City. The proprietors are peddling e-cigarettes to so-called "vapers," a growing movement of enthusiasts that now includes celebrity fans and YouTube gurus, online forums and vapefests around the world. In just eight years or so, the number of vapers has grown from a few thousand to millions, in large part because of the still-controversial belief that e-cigarettes are safer than tobacco. FRANK FRANKLIN II/THE ASSOCIATED PRESS

Market Minute

DOLLAR 90.08¢ (-0.09¢)

TSX 14,302.06 (+2.98)

OIL $101.12 US (-$1.46)

GOLD $1,341.50 (+$3.30)

Natural gas: $4.66 US (+$0.04)
Dow Jones: 16,418.68 (-34.04)

Peeling back profits

World has new top banana: Fyffes and Chiquita merge

Chiquita of the United States and Fyffes of Ireland have agreed to merge to create the world's biggest banana supplier. THE ASSOCIATED PRESS

THERE SHOULDN'T BE AN APP FOR THAT

SHE SAYS

Jessica Napier
metronews.ca

Are you a terrible boyfriend? Well guess what, now there's an app for that.

The newly released BroApp promises to deliver an automated message to your girlfriend once a day so you can spend more time with your "bros." That's right, digitally savvy dudes, you can now outsource your relationship to your cellphone for the bargain price of just $1.99.

Users have the option to craft their own customized sweet-nothings or select from a pre-programmed list of grammatically incorrect and cringe-worthy greetings such as "Hi darl, how did you go today?" and "Hey babe, what's doing with you today?"

I'm sorry, but are we to assume that the modern man is so incredibly inept at multitasking that he can't remember to take 10 seconds out of his bro-filled day of fist-bumping and beer-chugging to show some affection towards the person he is romantically interested in? Seriously?

Presumably a "girlfriend" is someone with whom you'd like to cultivate a meaningful emotional and physical relationship. If this is a woman you'd like to share your life with, go to dinner with and have sex with, shouldn't you at least have the decency to communicate with her directly rather than relying on some sort of digital proxy to do it for you?

Furthermore, do the tech wizards over at BroApp presume the girlfriends of the world are so insecure that they just can't bear to go more than 24 hours without hearing from their man?

Spoiler alert, guys: Women aren't just sitting around brushing our hair and waiting for you to finish hanging out with your buddies so you can lavish us with attention. We actually have a lot of stuff going on: jobs to do, people to see, Pilates classes to attend and Netflix shows to binge-watch. Sure it'd be nice to receive a sweet text message from you during the day, but we're not desperately clutching our phones and waiting with bated breath for you to grace us with a lacklustre "Sup?"

There's no faking sincere dialogue and there's a good chance your girlfriend is going to be able to tell the difference between a hand-crafted message from her human boyfriend and BroApp's impersonal scripted greetings.

Checking in with your significant other isn't an annoying chore to contract out to a computerized mobile wingman. So if you're actually considering taking the time to download this app and hand-pick your preferred lazy-boyfriend messages, then for goodness' sake just pick up the phone and have an actual conversation.

Or better yet, use that $1.99 to take your lady friend out for a cup of coffee and engage in some old-fashioned face-to-face communication.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Anyone want to retweet this?

ZSL LONDON ZOO/REX

Lemur gets into selfie craze

It certainly seems that 2014 is set to be the year of the selfie, as this lemur poses for a cheeky picture at the London zoo. Bekily, a 12-year-old, ring-tailed lemur, was clearly out to take the Twitter crown for most retweets from Ellen DeGeneres, who posted the star-studded Oscars selfie. METRO

'He grabbed the camera lens'

"We're always taking quick pics of the animals we look after — as with workmates this is cute — but Bekily definitely wanted to get in on the action himself this time," says keeper Tegan McPhail. He adds: "As I was snapping away, he grabbed the camera lens and pulled it towards his own face." METRO

Other selfie moments

- **Barack Obama.** The U.S. president caused controversy following his selfie with British PM David Cameron and Danish PM Helle Thorning-Schmidt at the Nelson Mandela memorial service.
- **Kim Kardashian.** The star showed she was back to her booty-shaking best after giving birth to North West in June.
- **David Cameron.** The prime minister was mocked for his "serious selfie" that pictured him on the phone to Barack Obama.

Clickbait

IRENE KUAN
Metro Online

Love doing your nails but hate painting on a colour only to regret it? On top of wasting time, it can also be a pricey habit, with professional manicures running upwards of $30. Here are some free apps for beauty buffs to have a virtual manicure before shelling out the big bucks at a salon.

ISTOCKIMAGES

Nail Maker: Virtual Manicure:

This app is like a real nail salon, where you can clip, buff, polish and decorate your nails virtually. You start with choosing your skin tone, and then start playing with different colours, gems and art pens. Once you're done, clean up with polish remover and start again.

Virtual Nail Salon by ModiFace:

Try on real-life nail polish colours, patterns and rings with this app. You can even create a customized nail polish pattern by uploading a photo.

Twitter

@metropicks asked: .@strombo will host @hockeynight next season. What is your first reaction? #HNIC #HNICstrombo

@AllanSorensen: don't care what broadcaster absorbs @strombo, so long as it puts an end to one of the most shameful episodes in CBC history

@KeightyEm: Just when you weren't sure it was possible... hockey got sexier.

@Smugshot: would have preferred Rick the temp

@policyfrog: I like Strombo just fine, but I'm still going to wince the first time he ironically wears a powder blue sport coat on air.

@Mel_Brown: I'm thrilled if it means Don Cherry is gone! :)

@Glenn_A_Johnson: As a former journo and broadcaster, I admire his invu skills. He will bring a touch of hip.

@MyNewsStop: Its great! Strombs is pure Canadian & a sincere personality. He is a great fit #HNICstrombo

@laneyj19: Ppl should start learning how to spell and pronouce his name now!

Follow @metropicks

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Send us your comments: londonletters@metronews.ca

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DVD review

Inside Llewyn Davis

Directors. Joel Coen, Ethan Coen

Stars. Oscar Isaac, Carey Mulligan, John Goodman

The Coen Bros.' uncanny evocation of the 1961 New York City folk music scene, starring Oscar Isaac as a striving troubadour, makes for a wistful, wryly humorous and unforgettable film. The whims of fate and vagaries of artistic success have never been so clearly defined, or so musically.

Isaac is the title folkie, loosely based on the late Dave Van Ronk, who doesn't know a hurricane named Bob Dylan is about to shake up not only his narcissistic existence but also the entire music scene.

Actor/singer Isaac gets fine support from Carey Mulligan as a woman wronged, John Goodman and F. Murray Abraham as splashes of cold water to half-lidded eyes, and a persistent tabby that is one cool cat.

It was my pick for the best film of 2013. And there's a great soundtrack, produced by T Bone Burnett. Extras include a making-of featurette and the feature-length concert film Another Day, Another Time: Celebrating the Music of Inside Llewyn Davis. **PETER HOWELL**

YA has got it Half Bad and that's good for new author

Working its magic.
Debut novel that bucks futuristic dystopian trend casts potent spell

EMILY LAURENCE
Metro World News

Before its release last week, Sally Green's book Half Bad had already been sold in 45 countries, turned into a trilogy and optioned for a movie being produced by Karen Rosenfelt, who was responsible for Twilight, The Book Thief and Percy Jackson: Sea of Monsters. Oh, and it's her first book.

If you're already completely over The Hunger Games and need something to hold you over until Divergent hits theatres, this is it.

Half Bad is about a 16-year-old boy named Nathan who lives in a cage and is being trained to kill. Living among humans are witches — some purely good and some horrendously evil — with Nathan's father being the worst of the worst. To survive, Nathan needs to escape his keepers, find his father and receive three gifts that will bring him his own magical powers.

Bucking the trend of YA novels set in a futuristic dystopian time, Half Bad is set in modern-day England. "The book is (dystopian) in a way, but to be honest I never really believed it was going to be published, so my idea was just to write the book I would want to read if I was 15 or 16," Green tells us. "It wasn't in my mind about what the market needed or didn't need."

Interestingly, when Green began writing she had a very different novel in mind: "Initially, it was a completely different story about a girl who didn't know she was a witch." She did, however, always plan on writing a trilogy. "My original idea was for the White Witches to be assumed good and Black Witches assumed to be bad.

"Originally, I had Nathan living in a White Witch world in book one and you would think the White Witches were going to be good. When you move to book two, the Black Witch world, you see the witches in an entirely new way. And then the third book would tie it all together. But actually, it didn't work out like that," Green reveals.

As far as the movie goes, Green guesses the cast will be mostly unknown actors, although she has two dream people in mind: "To play Marcus, I would love George Clooney, but it would be the mean George Clooney, like in From Dusk Till Dawn. And Gabriel, the Black Witch that appears in the end of the book, is definitely Aidan Turner, who was in the latest Hobbit movies. He's gorgeous," she says.

Green is at work on the second book, which she says is much more daunting than writing the first. "I didn't even know the first one was going to be published. I was writing it mainly for myself," she says. "Now I have a deadline and an audience that I have to keep happy. The blank page in the beginning (for the second book) was a bit nerve-wracking. I was in a bit of a panic to get the first words down," she says. "After the first 10,000 words, then I relaxed into it."

Debut YA author Sally Green. CONTRIBUTED

Set in modern-day England

"I never really believed it was going to be published, so my idea was just to write the book I would want to read if I was 15 or 16."
Sally Green, author of Half Bad

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Johnny Weir and Tara Lipinski. ALL PHOTOS: GETTY IMAGES

Is the Golf Channel ready for Johnny and Tara?

With their sassy, on-point figure skating commentary, drool-worthy couture and adorable Instagram posts (they love to spoon!), Johnny Weir and Tara Lipinski took the Olympics by storm — again.

"I think we were both happily surprised (by the attention)," Lipinski told Metro at a kickoff for the Paralympic Winter Games in New York City. "We were the rookies and we had to prove ourselves, so it was really nice to come home and see the reception that we got."

The pros were "in a bubble" during their time in Sochi, Weir says, so they didn't really know about the positive reaction to their work until they returned home. "We didn't think anyone was watching, and there's a brilliance to being a bit naive to what's going on," he says. "It's very liberating."

And figure skating's most fabulous duo have no plans to slow down now. The two did Oscars coverage for NBC and hope to be commentators at the Winter Olympics four years from now ("We'll have to see," Lipinski says). They're also ready and willing to offer their insight on other matters.

"We have an opinion about everything," Weir says. "Despite being figure skaters and knowing what we're talking about specifically, we've got opinions on a lot. So show us VMAs. Show us Golf Channel. Show us the Kentucky Derby (or) Toddlers and Tiaras."

Efron looks forward to a High School reunion

Zac Efron isn't about to shy away from his High School Musical roots.

In fact, while his career has clearly grown past the Disney franchise that launched him, Efron reveals that he and his fellow castmates are up for a reunion.

"We're all thinking about it," he tells E! News.

"I continue to see all the guys from High School. Every time we do, there's just this look between us. It's so cool because we never forget a single moment of that experience. It brings you right back to those days."

Zac Efron

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Moss reveals her marriage to Portlandia star Fred Armisen was 'traumatic'

PAT HEALY
Metro World News in Boston

Mad Men star Elisabeth Moss, 31, really, really, really (and we mean "really") wasn't a fan of her eight-month marriage to Portlandia star Fred Armisen, 47.

"Looking back, I feel like I was really young, and at the time I didn't think that I was that young," Moss said of her relationship with Armisen in her new cover story with New York Magazine. The two divorced each other in 2010. "It was extremely traumatic and awful and horrible," she noted.

Add that to the time she said this about Armisen last year — "One of the greatest things I heard someone say about him is, 'He's so great at doing impersonations. But the greatest impersonation he does is that of a normal person'" — and, well, we don't have to ask her what she really thinks about the whole affair. At least we hope the wedding presents were cool?

Jennifer Aniston

Why Jennifer won't up the world's selfie quotient

Photos of Jennifer Aniston are pretty common, but one thing is for sure: They'll always be shot by someone else, as the former Friends star is definitely not a fan of selfies. "I don't understand them," she tells Self magazine, a magazine title which predates popular culture's embracing of the term "selfie," and a magazine decidedly not dedicated to that form of expression.

"I feel like there's enough out there. Why add to it?" And while she's perfectly comfortable in her own skin, she does have some ideas just in case she's ever allowed to trade bodies with someone else. "I'd love to be able to ski like a crazy person, like Lindsey Vonn," she tells the magazine. "Then I'd also like to have Gisele Bündchen's body, just because, why not?"

Twitter

@ElizabethHurley
Full of the joys of Spring. Chickens, parrot, dogs and alpacas fed. Lap top open and espresso on the way.

@ActuallyNPH
Took the kids to their first Broadway show today: the Lion King. Mine was 25 years ago: Les Miserables. It's the circle of life...

@lenadunham
I just made and deleted a not so great molestation joke. Sorry guys. I am really sleepy.

For your phone

UP Coffee (iPhone, free)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

Avoiding caffeine in the evening can lead to a better sleep at night.

This informative tracker covers all caffeine-related foods to help you work out an ideal cut-off time.

Half-off

Elisha has been feeling a little bored with her exercise program, but is that going to keep her from moving more? Visit metronews.ca/voices/half-off to find out.

The secret life of cheap and nutritious meals

The biggest backlash Christy Brissette, registered dietitian with Dietitians of Canada, hears is that it is too expensive to eat healthy. She set off on a treasure hunt through the grocery store to prove that a family of four can eat three full, healthy meals for under $40. For more ideas, visit cookspiration.com

THERESA ALBERT myfriendinfood.com

Breakfast: Oats

• Oats are high in soluble fibre, which helps to lower bad cholesterol, keeping your blood sugar more stable.

• Best Breakfast: Power Oats. Cook 1/2 cup oats with 1 cup of milk or alternative, add grated apple, 2 tablespoons of peanut butter and 2 tablespoons of raisins.

Lunch: Frozen cauliflower

• This year's hottest vegetable, cauliflower, may help reduce cancer risk,

• Cleaned, chopped and flash frozen, it is as simple as it is nourishing.

• Quick lunch tip: Greek Pasta Salad with Chicken and Cauliflower. Boil whole wheat pasta and add a handful of cauliflower for the final 2 minutes. Then drain and stir in shredded, roasted rotisserie chicken breast.

Dinner: Dry bean mix

• Beans are high in fibre and a good source of vegetarian protein. They contain magnesium, which can help lower blood pressure.

• Dashing Dinner: Slow cooker chili. Sauté onion in slow cooker on high. Add pre-cooked dried beans, canned tomatoes, frozen corn, green pepper, mushrooms and chili powder; cook on low for 8 hours. Hollow out rolls and use as bread bowls. Grate cheese and sprinkle.

Feed 4 for about $40

Here is a way to feed your family for $42.06.

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- Rolled oats (7 cents/serving) = 28 cents
- Apples (37 cents/serving) = $1.47
- Milk or milk alternative (50 cents/serving) = $2
- Peanut butter (20 cents/serving) = 80 cents
- Raisins (13 cents/serving) = 52 cents

Lunch: Greek Pasta Salad $21.23 (with chicken)
- Whole wheat or brown rice rotini (30 cents/serving) = $1.20
- Chicken breast ($2.80/serving) = $11.20
- Grape tomatoes (61 cents/serving) = $2.47
- Frozen cauliflower (22 cents/serving) = 88 cents
- Feta cheese ($1.37/serving) = $5.48

Dinner. Bean Chili $15.76
- Dry mixed beans (19 cents/serving) = 76 cents
- Canned tomatoes (32 cents/serving) = $1.28
- Frozen corn (22 cents/serving) = 88 cents
- Onion (15 cents/serving) = 60 cents
- Green bell pepper (80 cents/serving) = $3.20
- Mushrooms (50 cents/serving) = $2
- Whole grain roll (57 cents/serving) =$2.28
- Cheddar cheese (74 cents/serving) = $2.96

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Study

Happy thoughts lead to better food choices

Call it the happy meal diet.

A study conducted by Cornell University has found that a person's mood affects what kind and how much food a person consumes. The study was the subject of a paper called Better Moods for Better Eating?: How Mood Influences Food Choice, which was published in the Journal of Consumer Psychology.

"People use food to either maintain a good mood or regain a good mood," said Brian Wansink, a professor at Cornell and co-author of the paper in a release. If you're already in a good mood, you tend to eat more healthfully than if you're in a bad mood."

"Understanding why we make bad food choices in bad moods can help us make better choices," said Meryl P. Gardner, co-author and associate professor at the University of Delaware.

The authors suggest that people in a bad mood may have clouded vision, and may not realize what damage they are doing in the long haul when they overindulge on a given day.

"The takeaway of this study is you can change your mood and eat better. Before a snack or meal, think of something that makes you happy or grateful, and you'll eat less and better" said Wansink. **ROBERT CRISCOLA, METRO WORLD NEWS IN NEW YORK CITY**

'Pull your sweet tooth' and lose weight with chocolate

MAX PRINZ
Metro World News in New York City

Dr. Will Clower's new book, Eat Chocolate, Lose Weight, claims you can reduce food cravings and learn better eating habits by incorporating a surprisingly healthy food: chocolate.

"Chocolate does a lot of good things for you," Clower says. "I have people eat the chocolate in association with meals. What I've seen is that, when it's applied this way, the overconsumption at the plate is reduced by about half."

The method uses chocolate as a teaching tool to help stop overconsumption. Eating chocolate the right way, as Clower describes, can lead to big diet changes. "The point is when you eat your chocolate to take your time, to let it sit on your tongue, to — and this sounds crazy — actually taste your food," Clower says. "It turns out that when you do that you get something called sensory specific satiety."

That result is a key part of ending overeating at meals. In addition, the chocolate aids in reducing cravings for foods high in sugar using a process Clower calls "pulling your sweet tooth." How is this done? It starts with something Clower calls the Horizontal Taste Test, which helps in adapting one's taste buds to darker chocolates, which have less sugar and more healthy antioxidants. The more cocoa in your chocolate, the better it is for you.

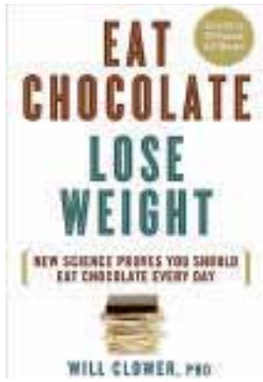
A new book uses chocolate as a teaching tool to help stop overconsumption. ISTOCK

"Americans eat 140 pounds of sugar per person per year," Clower says. "That issue is a massive driver of health problems. So it becomes very important when you're eating your chocolate to use the chocolate to pull your sweet tooth."

Once your sweet tooth is gone, it becomes dramatically easier to make healthier decisions when it comes to eating. "When you pull your sweet tooth and adapt your taste in a direction of darker chocolate, what you find is you just don't have a craving anymore for 140 pounds of sugar," Dr. Clower says. "The things that [people] used to like become too sweet. And when that happens [people] don't want them anymore."

The benefits of chocolate aren't limited to weight loss. High-cocoa chocolate aids many other areas of a healthy lifestyle.

"[Antioxidants] can help to grow the vasculature within muscles," Clower says. "In other words, the little capillaries, little blood vessels, can grow into your muscles." This, in turn, can increase the amount of energy you have throughout the day, your time until exhaustion and your metabolic rate.



"The cascade from the physiological substructural effects all the way up into your life is huge," Clower says. "If you have more energy through the day you're more likely to move, you're more likely to be active. You're less likely to blow off your exercise routine."

The book also contains several different recipes to help beginners get cooking with cocoa. Clower is particularly partial to the book's chili, pecan brownies and dry rub for pork. It turns out you can have your chocolate and eat it too.

Probiotics to the mental rescue

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Probiotics — they truly can help you be happy, healthy and slim. In the March-April issue of Best Health magazine, Melissa Greer writes about some of the incredible benefits of probiotics, "the friendly bacteria."

They are widely known to maintain a healthy digestive system. They also boost immunity and many health-care practitioners recommend you have them daily.

Now, researchers think some probiotics can also improve mental health—and they have even come up with a new term for them: Psychobiotics.

That's because they could produce a health benefit in patients suffering from psychiatric illness, specifically depression or other stress-related disorders.

According to Alan C. Logan, a Connecticut-based naturopathic doctor and co-author of Your Brain on Nature, probiotics help to balance gut microbiota — the bacteria inside our stomach.

"These bacteria do a lot but, most importantly, they protect the gut lining," he says.

An imbalance of gut microbiota (due to psychological stress or a high-fat, high-sugar diet, for example) can lead to intestinal permeability.

Why is that a bad thing? Because it means parts of the bacteria could pass through the gut lining and into your bloodstream, leading to low-grade inflammation. And that has been connected with obesity, disease — and mental health problems.

The beneficial probiotic strains, and those that are typically found in foods, are members of the lactobacillus and bifidobacterium families, says Logan.

A 2011 study monitored adults who were given either a probiotic product that included lactobacillus and bifidobacteria, or a placebo, every day at breakfast for 30 days. Those who consumed probiotics were found to have lowered stress and anxiety.

It may be unrealistic to expect that probiotics will replace medications in the treatment of depression. But the message for now is that probiotics not only help you avoid obesity and disease–in Logan's opinion, "although more research is needed, probiotics taken in conjunction with a healthy diet and exercise may benefit mental health."

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Probiotics are known to improve digestive and mental health, evidence suggests. ISTOCK

THE HEART OF THE MATTER

YOUR CHOLESTEROL: BY THE NUMBERS

MINERVA STUDIO/SHUTTERSTOCK

What's your cholesterol IQ?

You should know your cholesterol level if you're a man older than 40, a post-menopausal woman, you are overweight, smoke, have diabetes, or if heart disease runs in your family.

Cholesterol, a type of fat made in the liver, is also present in some of the foods you eat. Your body uses cholesterol to build cells, aid in digestion, and produce hormones. But too much of the bad cholesterol LDL (low density lipoprotein) can build up in artery walls over time, forming a plaque. This plaque buildup can block the flow of oxygen-rich blood to your heart and brain, raising risks for a heart attack or stroke.

Canadian doctors like to get LDL cholesterol levels down to 2 millimoles per litre (mmol/L), but a worrisome number of Canadians don't meet that target. In fact, according to Statistics Canada, about 40 per cent of Canadians aged 40 to 59 have high LDL levels.

Middle-aged men should be regularly screened as should older women. According to Canadian practice guidelines, anyone with an LDL of 5 mmol/L or greater, as well as those who have already had a heart attack or stroke, or diabetics 40 years old and older, are typically prescribed a cholesterol lowering drug called a statin.

If you aren't in one of these high-risk categories, and your levels aren't checked, you may not even know you have high cholesterol because there are few symptoms.

The good news is that along with elevated blood pressure, cholesterol is a modifiable risk factor for heart disease, so you can take steps to control your levels. A common strategy is to follow a low-fat diet; you might also consider adding a daily dose of Metamucil — in powder or capsule form — which has been proven to lower mildly to moderately elevated cholesterol levels when accompanied by a low-fat diet.

Other tips include avoiding foods high in saturated and trans fats, choosing foods such as nuts, seeds and beans containing plant sterols that help control blood cholesterol, taking up physical activities, and being smoke-free.

HOW TO TAME YOUR TUMMY TROUBLE

Do you have a gassy gut? A tender tummy? Or a bloated belly?

If so, you aren't alone. About 80 per cent of the population sometimes gets bloated, suffers from excess gas or wind, or has altered bowel habits, according to Dr. Richard Hunt, professor, emeritus, McMaster University, Hamilton, and founder and vice-president, Canadian Digestive Health Foundation.

The symptoms could be a sign of a potentially serious disorder such as irritable bowel syndrome (IBS), but, more likely, it's your gut telling you to change your diet.

Here are some easy-to-follow tips to ease the discomfort.

- Drink lots of water, while cutting down on alcoholic, caffeinated and sugar-rich beverages.
- Watch your fat intake. Stick to fish or low-fat meats like chicken or turkey or lean cuts of beef. Avoid fried foods and those containing trans fats
- Boost your fibre intake. You can get plenty from the No. 1 doctor recommended fibre brand Metamucil (Source: Health Care Analytics, 2012); it promotes digestive health by relieving irregularity.
- Choose the right carbs. Choose easily digestible carbohydrates such as potatoes, rice and bananas, and limit more difficult-to-digest carbs like beans, broccoli and cabbage.
- Experiment with probiotics. In the natural health product Align, probiotics provide live bacteria that form part of the natural healthy intestinal flora. This can help to relieve symptoms of IBS such as abdominal discomfort, gas and bloating. Align has 10 years of research behind it and is the No. 1 gastroenterologist recommended probiotic in the U.S., among gastroenterologists who recommended a brand of probiotic in a Symphony Health Solutions 2013 survey.
- Eat smaller, more frequent meals. Also avoid large meals, especially right before bed
- Limit sodium, sugar and artificial sweeteners. Your tummy — and your heart — will thank you.

There are other lifestyle habits you could adopt, including being active, achieving a healthy body weight, being smoke-free, and controlling stressors in your life.

These products may not be right for you. Always read and follow the label.

DOUBLE WHAMMY

For a healthy heart and a stable stomach, try these top four strategies.

- Eat well. Aim for a low-fat diet with lots of easily digestible fruits and vegetables plus whole grains.
- Consume more fibre. Fibre, especially the soluble type, can help lower cholesterol levels. Adults older than 18 years old should aim to get at least 21-38 grams of total dietary fibre every day. For a quick fibre boost, dissolve a dose of your favourite flavour of Metamucil into your morning juice or smoothie.
- Get active. For adults 18-64 years old, experts recommend at least 150 minutes of moderate to vigorous aerobic exercise every week, in bouts of 10 minutes or more.
- Stop smoking. Smoking increases LDL blood cholesterol and the habit is unhealthy to just about every other part of the body.

REDUCE YOUR RISK OF VIRUS EXPOSURE

FLU SHOT, WASHING HANDS CAN HELP PREVENT ILLNESS

From lost wages to lost sleep, when a cold or flu strikes, it can interrupt every part of your family's life. Luckily, there are some simple, yet highly effective ways to reduce your risk of exposure. Here are a few things to consider as you fight off cold and flu season.

NO ANTIBIOTICS

According to the Centers for Disease Control and Prevention (CDC) in the United States, antibiotics are not effective in treating cold and flu symptoms. The reason is simple: Antibiotics are used to kill bacteria, not the viruses responsible for colds, the flu, and bronchitis.

In fact, the CDC warns that taking antibiotics unnecessarily can lead to dangerous antibiotic-resistant strains of bacteria. However, studies show that preventive flu vaccines — specifically flu shots — can be 70 to 90 per cent effective in healthy people younger than the age of 65.

DMITRY LOBANOV/SHUTTERSTOCK

MAINTAIN HEALTHY COLD AND FLU SEASON HYGIENE

Wash your hands. You have likely read this over and over, but that's because you should be doing it over and over. Washing your hands several times a day is the best way to reduce the risk of picking up a cold or flu virus. Alcohol-based hand sanitizers also are highly effective, but a thorough washing with good old soap and water should be fine. According to the University of Pennsylvania's office of health administration, covering coughs and sneezes with your hands only ends up spreading the virus. Instead, try one of these sneezing techniques

- Use a disposable tissue.
- Sneeze or cough into the crook of your arm, or if no other place, into your sleeve.
- If you have no better options, direct your cough or sneeze away from people in your vicinity.

GET SOME FRESH AIR DURING COLD AND FLU SEASON

According to the American Lung Association, taking time away from dry, climate-controlled environments is especially important in preventing cold and flu from spreading. Too much time indoors means more exposure to the germs that circulate throughout indoor areas, especially if you have a large family or office.

In addition, heating and air conditioning can dry out your sinuses, making them much more vulnerable to cold and flu viruses. When frigid temperatures keep you indoors, regulate air moisture by using a Vicks® humidifier during the dry winter months.

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TAP INTO YOUR PERSONAL NETWORK

GET A JUMP ON THE SUMMER JOB HUNT

While it's hard to think of summer jobs when it's still cold and snowing outside, students should be hard at work taking the steps to land employment.

The first part of the job hunt will be to determine what kind of position for which you are looking. If you aren't sure, it's a good idea to talk with a counsellor at your school's career centre — they can help you determine what types of positions are a good fit given your skills and education.

Once you have something in mind, it's time to go and see what's available. It's natural to focus on job search websites, but you should expand your search.

"You shouldn't ever limit yourself in terms of where you go to search," says Chris Glover, the interim associate director of the Career and Leadership Development Centre at Dalhousie University in Halifax.

A school's career centre will have job postings, but it's also crucial to tap into your personal network.

MICHAEL JUNG/SHUTTERSTOCK

"Most (job) opportunities are found through networking," says Dianne Twombly, the manager of career development at York University's Career Centre.

Talk to your friends, family and professors about what you are looking for and how they can help with the job search.

"You just never know who people know," Twombly says.

When applying for a job, custom tailor both the cover letter and resumé to the job and ensure they speak to the skills for which the position is looking.

Remember, the effort you put into the job search will dictate the results you get.

"What you put into that job search is kind of what you are going to get out of it," says Anna Weir, the co-ordinator of career services at the University of Winnipeg.

ANOTHER OPTION

Self-employment is another summer job option, which can help you develop many important skills that will serve you well down the road, including managing finances, time management, sales and organization. "Definitely, there's lots to be learned from running your own business," says Anna Weir, the co-ordinator of career services at the University of Winnipeg.

KING'S OFFERS BIG OPPORTUNITIES

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King's University gives students an excellent opportunity to take advantage of being part of a large prestigious university (Western University) while pursuing their academics in a close-knit environment with small class sizes.

"For students who have multi-layers to their academic pursuits, such as varsity sports, community involvement, family obligations, the smaller community of King's allows for smooth access to faculty and staff," says Robin Ellis, co-ordinator, admissions and liaison, registrar's office, King's University.

King's students can be varsity and club athletes at Western University, while enjoying direct access to professors who are often more accommodating to the demands of high-level athletes as they juggle academics and sport or student politics, theatre, community outreach.

CONTRIBUTED

"Varsity athletics can be extremely demanding and often require accommodation with regards to assignments, test and exams," Ellis says.

King's is a coeducation liberal arts university campus affiliated with Western University. All King's students graduate with a University of Western Ontario degree.

Although linked to Western by governing bodies, King's is considered an individual university choice as admissions and registrations are done independently from Western.

For more information about King's University, visit kings.uwo.ca.

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WESTERVELT GIVES YOU A JUMP ON JOBS

While September does not seem too far away, waiting to start your education could mean the difference of getting the job you want or taking the job you need.

By enrolling in classes at Westervelt starting this May, it means you may be able to beat the competition out into the workforce by finishing your program earlier.

"Traditionally, many people think of starting school in September," says Linda Kalmikov, campus director, Westervelt College.

"Upon graduation from this intake, students will be competing for available positions with a larger graduate pool from all post-secondary institutions."

Starting in May will increase opportunities to help graduates secure satisfactory employment in the shortest period of time.

To get the ball rolling, Kalmikov suggests checking out your options and exploring your interests.

GET HELP EVERY STEP OF THE WAY

At Westervelt College, you will earn your college diploma in a shorter time frame and therefore be able to earn an income sooner than other students from other post-secondary institutions.

Westervelt students are helped every step of the way in their education — from first contact through to employment and beyond.

"It sounds cliché, but it's important to remember that the first step may seem the hardest, but it's really easy," Kalmikov says. "You will see just how doable it is and start to picture yourself in your new career."

When it comes to choosing the right program for you, she says there are a number of factors to take into account, such as what type of recognition does the school receive from employers, does the school fit into your learning style, what type of graduate employment services are available, and how long will this assistance service last.

"At the end of the day, it has to feel right," Kalmikov says.

Westervelt College offers a number of programing options for those looking to get a head start on their career training. Programs include medical administration, business marketing professional, web design, police foundations, personal support worker, executive administration, hotel, restaurant and casino management, travel and tourism, and IT technician.

For more about Westervelt College and the programming options available starting in May, visit westervelt.ca.

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ANDREY ARMYAGOV/SHUTTERSTOCK

SAFELY NAVIGATE THE ROADS WITH FANSHAWE

You would never dive head first into a swimming pool without first learning how to swim. The same should be true when it comes to riding a motorcycle.

Learn how to safely and properly navigate the roads through Fanshawe College's motorcycle safety training and licensing courses.

"The program is designed to take someone that has no riding experience and progressively teach them to ride," says Michael Harrison, program consultant, transportation, Fanshawe College.

The process starts with basic balance and control and progresses through to emergency braking and collision avoidance.

This is the first level and the student comes away with a M2 licence. The next course is the M2Exit training and testing, where students will be riding with M2Exit trained instructors.

"Our instructors will give pointers and advice to make students better riders," Harrison says.

Students will then ride the M2Exit test.

The course also appeals to individuals returning to motorcycling after a long absence.

"Some of the skills learned you may not (have been) put into practice for some time, for example collision avoidance," Harrison says. "The benefit, though, is that the first time you have to avoid something out on the street will not be the first time you had to practise the manoeuvre."

Student Carmen Richter, who completed both the M2 and M2Exit courses, says the instructors were knowledgeable and patient and recommends these courses.

"These courses are effectively planned out, so all time spent benefits the students," Richter says. "The primary focus is skill development and overall safety of the students as they become drivers, which inspires confidence."

Fanshawe offers weekend, evening and day courses throughout the season plus the course is now offered in Clinton, Ont., a few weekends per season.

For more information, please visit fanshawec.ca/driversed.

PROGRAM INFO

Fanshawe uses the Canada Safety Councils Gearing Up program, which is used by most colleges across Ontario and in many places across the country.

The program has been in practice for 40 years and has international recognition as a quality training program.

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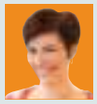
Evaporated Milk? You bet!



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

OK, maybe I am a survivalist preparing for the zombie apocalypse. So what if I still have my Y2K water stored in the basement? You have to have a just-in-case plan!

If it is only one more blimey weeknight meal you need to survive, I have got you covered — evaporated milk. Yup.

This stuff is shelf stable for years, can be used in baking when mixed half and half with water, and it replaces milk in any recipe.

Use it for that fussy friend who only likes cream in his coffee if you are a skim milk kind of keeper. It can also go the other way and make a savoury cream sauce for pasta or to top vegetables.

Still fortified with vitamin D, it has twice the calcium and protein as regular milk but is less expensive and less perishable.

Honestly, you can't really go wrong having a couple of cans on hand. Just be sure you aren't picking up a can of sweetened condensed milk because that is also made by heating and evaporating milk but it is also laden with sugar.

We can debate the "go dairy free, everyone's allergic to it" concept and the "calcium isn't absorbable from dairy" idea later. For now, you have to make something for dinner and have very little going on in the fridge and with inspiration. Melt one tablespoon butter, whisk in one tablespoon flour, add a can of creamy magic and season if and as you wish. Just don't boil it! Unlike cream, it can't take the heat.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Spaghetti Squash 'Alfredo': Creamy and healthy comfort

THERESA ALBERT
myfriendinfood.com

You know you love pasta with cream sauce — everyone does. But the carbs and calories, oye!

This quick dish gives you that deep, warm, creamy pleasure without all the guilt. It comes together in a snap.

Evaporated milk delivers twice the calcium and protein of the same amount of whole milk. It is creamy but much lower in fat and calories. You can't lose with this quick weeknight vegetarian meal.

If you don't have the spaghetti squash, just make pasta and call it a day.

Ingredients

- 1 small spaghetti squash
- 1 tbsp butter
- 8 oz sliced mushroom
- 1 1/2 tbsp flour
- 1 clove garlic, minced
- 1 can evaporated milk
- 1 tsp freshly ground black pepper
- salt, to taste
- pinch dried chili flakes
- 1/4 cup grated Parmesan cheese

1. Pierce squash with a fork and place in microwave on a plate. Cook for 15-18 minutes until quite soft. When cooked, slice open carefully to let steam escape.

2. Meanwhile, heat a large skillet; add 1 tsp of butter and quickly brown mushrooms over high heat, set aside.

3. In the same skillet, turn heat to medium, melt the rest of the butter and whisk in flour, stirring until it bubbles and starts to brown.

4. Stir in garlic and cook for 30 seconds and then whisk in evaporated milk. Whisk until it thickens 2-4 minutes over medium-high heat. Do not boil!

This recipe serves four. COURTESY THERESA ALBERT

5. Scoop out seeds from squash and discard. Pull fibres with a fork and stir into creamy sauce. Add pepper, salt and chili flakes, top with cheese. THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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Terry Trafford

T.O. police believe missing OHLer still stateside

Toronto police say there's no indication a 20-year-old Ontario Hockey League player with a Michigan team who's been reported missing has entered Canada.

Police say it's believed Terry Trafford, a centre with the Saginaw Spirit in Saginaw, Mich., may have left the state to return to his hometown of Toronto.

But Toronto Const. Victor Kwong says authorities have no record of Trafford crossing the border.

Lt. Brian Cole with Michigan state police said Monday that Trafford is considered a "voluntary missing person."

Cole says a detective is trying to confirm where Trafford last was seen and to whom he may have spoken.

The team says he last was seen March 4 at the Wendler Arena, the Spirit home arena.

Team president Craig Goslin says the team is "very concerned for the young man" and hopes he's found soon.

Trafford has been with the Spirit for several seasons. He's described as five-foot-11 and 190 pounds, with black hair.

THE CANADIAN PRESS

Saginaw Spirit centre Terry Trafford has been missing since March 4. OHL IMAGES

Johnson confident of Lightning ability

NBL Canada. 'We can beat anybody': London forward still confident going into elimination game against Brampton

DAVE LANGFORD
dave.langford@metronews.ca

Lightning forward Zane Johnson has seen more time on the court in recent games. "It's going pretty well now. Just have to figure out how to get that next win to keep playing," he said. ANGELA MULLINS/METRO

It hasn't taken Zane Johnson long to figure out the National Basketball League of Canada hierarchy.

The six-foot-six, 210-pound London Lightning forward has only 11 games under his belt, including three playoff games against Brampton A's.

But he is already well aware who won the league championship in the first two years of the league's existence. And now, he just wants to be part of a three-peat.

"I think we can beat anybody when we play our own way. We have by far the most talent in the league," Johnson said before practice Monday. "We've just got to be able to play together and play 48 minutes."

The only fly in the ointment at the moment, however, is the stubborn and talented Brampton A's team.

The A's, after a win Saturday, lead the best-of-five conference semifinal series 2-1, with the all-important Game 4 at Budweiser Gardens on Thursday at 7 p.m. Thus far, both teams have won their home games.

Johnson is not discounting the A's; he just believes the Lightning are better when they play their game.

"(The A's) are a good team, well coached. Their players know how to play. They have their system and they know exactly where to go and what to do," Johnson said.

But — and it's a fairly major but at this point — the Lightning have to play the way they played in the second half of Game 2 and the first half of Game 3 to win the series, Johnson said.

"We've just got to stay locked in," he said. "We can't have any of those mental lapses and letting guys get easy layups and wide-open threes."

Lightning head coach Micheal Ray Richardson said Johnson has quickly become a key player, despite his limited time in London.

"We knew that he could put the ball in the basket and it was just a matter of time for him to fit in here," Richardson said. "He's done a hell of a job offensively and defensively."

Johnson has seen his playing time increase in recent weeks and Richardson said his strong play will have to continue Thursday night. And his teammates have to help out.

Otherwise?

"Either we win or go home. That's the bottom line. There's no in-between," Richardson said.

Grapes promises wrath will remain intact

Don Cherry
JESSICA SMITH CROSS/METRO IN TORONTO

Don Cherry made a few things clear on Monday: No one tells him what to do, he'll never change and Hockey Night In Canada should always be aired on the CBC.

Rogers announced Monday that George Stroumboulopoulos will be the new host of Hockey Night in Canada and that Cherry will continue on Coach's Corner with Ron MacLean.

Sportsnet's Daren Millard will host Wednesday Night Hockey and Jeff Marek, also of Sportsnet, will host Thursday Night Hockey and Friday Night Hockey.

While CBC will air HNIC on Saturdays, Rogers maintains control and the profits. Rogers will carry 500 regular-season games across 13 networks and seven platforms, plus playoffs and the Stanley Cup final.

Asked what he thinks of the "new team" he'll be working with, Cherry said he wasn't too sure yet and offered an anecdote about posing for a Rogers photographer, alongside the other hockey media personalities a few minutes earlier.

"It's strange for me to have that photographer say, 'You stand there,' and I look back to Hockey Night in Canada and Ron, and it's like, 'Would you move?' I'm not used to being told what to do," he said. "I'm not about to be told now what to do."

"It does seem strange. It hasn't hit me yet," he added.

One thing Grapes says he does know is Coach's Corner won't change.

"Never," he said. "After all these years I don't know how to change, to tell you the truth."

Grapes said he'd like to see HNIC aired on CBC because of the broadcaster's mandate for nationwide coverage.

Stroumboulopoulos said he'll be hosting from a fan's perspective and facilitating conversations, and won't be offering expert analysis.

"I didn't play the game at the level of a champion, so I wouldn't offer the advice of a guy who played NHL hockey," he said. "I couldn't even make a minor team."

Stroumboulopoulos got his start as a sports reporter and he's been a fan since he was five when "the Habs were good — which quickly went away."

JESSICA SMITH CROSS/METRO IN TORONTO

4 SPORTS

Roll of the dice helps McKeever win gold medal

Cross-country skiing. Visually impaired Alberta athlete reaps reward of swapping guides earlier than he had planned to

Brian McKeever decided to take a gamble and the payoff was Canada's first gold medal at the Sochi Paralympics.

The cross-country skier won the men's 20-kilometre visually impaired event Monday thanks in part to a risky move at the midway point of the race. The eight-time Paralympic gold medallist — who has been battling a virus since arriving in Russia last week — started with guide Erik Carleton before switching to alternate Graham Nishikawa at the 10-kilometre mark amid sloppy conditions and warm temperatures.

It was a play McKeever had never before attempted in competition.

"Today was great," said McKeever. "It was really tough. Being sick last week made it hard and definitely made us a little nervous. It was huge team effort having two guides out there sharing the work. It was definitely needed. They were the ones that got me through today because I couldn't have done that on my own.

"The snow being what it was, it was much faster to be in behind. Those guys were, unfortunately for them, working pretty damn hard."

The 34-year-old from Canmore, Alta., finished in a time of 52 minutes 37.1 seconds with the help of a plan he devised with his coach and brother Robin.

The idea was for Carleton to guide the first 12 kilometres before giving way to Nishikawa. But when Carleton began to fade earlier than expected, Nishikawa stepped in to finish the job and lead McKeever to a victory of more than a minute over Russia's Stanislav Chokhlaev. THE CANADIAN PRESS

Canadian Brian McKeever, right, and guide Graham Nishikawa compete in the men's visually impaired 20-kilometre race at the Sochi 2014 Paralympic Winter Games on Monday. McKeever went on to win gold. SCOTT GRANT/CANADIAN PARALYMPIC COMMITTEE/THE CANADIAN PRESS

Blame lifted from dead skicross racer

Canadian skicross racer Nik Zoricic was killed two years ago in a crash during a World Cup event. JONATHAN HAYWARD/THE CANADIAN PRESS

The family of a Canadian skicross racer killed two years ago at a World Cup event feels vindicated now that sport authorities no longer blame him for the tragedy and instead have made safety improvements to course design, their lawyer said Monday.

Lawyer Tim Danson said the family of Nik Zoricic feels his legacy has become something positive and to be celebrated.

"We were not prepared to accept that Nik was responsible for his own death," Danson told The Canadian Press.

"We just wanted the truth to be acknowledged."

In the immediate aftermath of his fatal crash at an event in Grindelwald, Switzerland, on March 10, 2012, ski officials angered the family and others in the skiing community by suggesting Zoricic, 29, was to blame for his death.

The family responded by arguing the death was "entirely avoidable" and blasted the course finish line for being a "death trap."

In a letter to his parents this month, the International Ski Federation (FIS) called Zoricic a "talented, experienced, and skilled" World Cup skier who did not take unnecessary risks.

"It would therefore not be right to describe his accident as a 'freak accident' or 'pilot error,'" the federation's president and secretary general wrote.

The letter further states that the federation has updated its safety guidelines and beefed up the staff and experts who help organizers construct a course and its safety measures. THE CANADIAN PRESS

Fatal crash

Nik Zoricic was competing in his 36th event in Grindelwald when he was killed at the finish line of a tight three-way race.

- He was travelling 90 km/h when he veered to the right after the final jump, landing about a metre to the right of the official course line in "crud" rather than on a groomed shoulder.
- He snagged safety netting and tumbled into hard-packed snow, smashing his head.

MLB

Cabrera takes Cards deep twice

Miguel Cabrera hit his first two home runs of spring training and Max Scherzer struck out five in 4 2/3 scoreless innings Monday during the Detroit Tigers' 17-5 romp over the St. Louis Cardinals. THE ASSOCIATED PRESS

MLB

Bonds back with Giants for short stay

Barry Bonds is wearing a San Francisco Giants uniform once again, now as a hitting coach at spring training.

The career home runs leader joined his former team Monday at camp for a week-long stay.

Bonds, 49, appeared slimmer than he did during his last 15 seasons playing for San Francisco, where he finished in 2007 with 762 homers. "It feels really good to get back to the game that I love," Bonds said. THE ASSOCIATED PRESS

Barry Bonds THE ASSOCIATED PRESS

Tennis

Wozniak advances at Indian Wells

Aleksandra Wozniak reached the fourth-round of the BNP Paribas Open on Monday with a 6-1, 6-7 (3-7), 6-0 defeat of Russia's Anastasia Pavlyuchenkova. She will next face world No. 2 and top seed Li Na. THE CANADIAN PRESS

NHL

Luongo joins sunny disposition in Fla.

Roberto Luongo's future looks a lot brighter now that he's in Florida.

While the Canucks, who dealt him last week at the trade deadline, head in the direction of a rebuild, the Panthers look like a team on the upward climb thanks to new owner Vinny Viola and a cadre of young prospects GM Dale Tallon has assembled in the NHL's southernmost market.

Luongo sees potential stars in Jonathan Huberdeau, Nick Bjugstad and a handful more young players around the locker-room. At 34 years old, he wants to contribute to the revival of the franchise rather than riding coattails. THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
A relationship that has been okay in the past will turn difficult today. There may be no apparent reason why it has suddenly gone sour but don't make an issue of it. Most likely it is just a passing phase.

♉ Taurus
April 21 - May 21
Base partnerships, both personal and professional, on mutual respect, because if you try to take liberties with friends, loved ones or work colleagues today you may pay dearly for it.

♊ Gemini
May 22 - June 21
This is a good time for creative activities, especially those where some sort of communication is concerned. Make sure you spell out what you are trying to say. Not everyone possesses your brain power.

♋ Cancer
June 22 - July 23
This can be and should be one of the most productive times of the year. The harder you work at making your dreams come true the quicker you will reach your goals.

♌ Leo
July 24 - Aug. 23
Try not to worry about personal or money problems. The cosmic picture suggests that your state of mind will be much more positive after next weekend's full moon.

♍ Virgo
Aug. 24 - Sept. 23
You will be in a serious mood today as Mercury, your ruler, squares up to Saturn. Things you once believed in will be called into question and so-called "facts" will no longer stand up. It's time to get real.

♎ Libra
Sept. 24 - Oct. 23
The past few weeks have been tough and the next 24 hours is likely to bring challenges too, but nothing will happen that you don't have the intelligence and the courage to overcome.

♏ Scorpio
Oct. 24 - Nov. 22
The message of the stars for you today is that you must not start worrying for no good reason. The challenges that come your way over the next few days will be tough but you are ten times tougher.

♐ Sagittarius
Nov. 23 - Dec. 21
You are where you are for a reason, so don't start complaining that you would rather be some place else. No matter what occurs over the next 24 hours you can be sure to benefit in the long-term.

♑ Capricorn
Dec. 22 - Jan. 20
Many of the restrictions you have been labouring under in recently will get worse for a while. A crisis point will be reached for the 16th's full moon after which they will fade.

♒ Aquarius
Jan. 21 - Feb. 19
Changes on the work front may not be what you were hoping for but later in the year you will realize they were exactly what you needed, so don't be too negative about them. You'll move up soon.

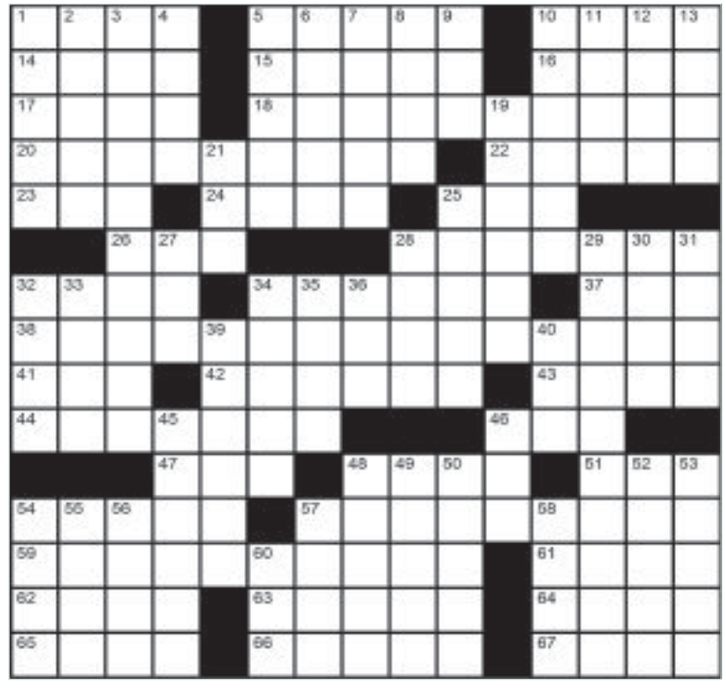
♓ Pisces
Feb. 20 - March 20
Be careful what you agree to over the next 24 hours because the planets warn you don't have all the facts. Don't accept what other people tell you simply because they look good and sound honest.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

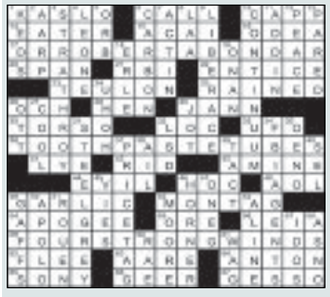
BY KELLY ANN BUCHANAN



Across
1. Loos
5. "__ the Land" by The Guess Who
10. "Don't take __ __ seriously..."
14. "Brrr! There's _ __ outside."
15. __ Notes (Literature aids)
16. Sheltered spot
17. Rate
18. Freelancer's workplace: 2 wds.
20. TVdom's Mike Brady, for one: 2 wds.
22. Pass on
23. 'Ranch' suffix
24. Floral arrangement
25. Singer Bobby
26. Alleyway animal
28. Pussycat Dolls song: 2 wds.
32. "Rock-_-__ Baby"
34. Roughriders home, __ Stadium
37. Jay Z's music
38. Coaches' seating on #25-Down: 3 wds.
41. Maritime workers' org.
42. Antarctica penguin
43. Preposition
44. __ Fields (Heavenly abode in Greek mythology)
46. Gr. behind Bob Hope's legendary shows for soldiers
47. Sun rays letters
48. Music key, _ __.
51. Lake: French
54. Humdrum
57. Plant not found in Newfoundland: 2 wds.
59. Muskokas locale in Ontario where Shania Twain played the Deerhurst Resort before hitting it big
61. __ empty stomach: 2 wds.
62. To boot
63. Computer company
64. Sell
65. __ green (Really bright colour)
66. Fix pant legs again
67. Sparkling wine from Italy

Down
1. Oversight
2. Keep __ __ of mystery
3. Tom Cochrane & Red Rider song: 2 wds.
4. Li'l requirement
5. Jerk
6. Thugs
7. Cosmetics brand
8. Clarinetist's prop
9. Paul Anka's "__ Beso (That Kiss!)"
10. How some heights and lengths are measured: 2 wds.
11. Labour
12. Dance music of the Caribbean
13. -Dokey's lead-in
19. An official language
21. Select
25. NBC's "The __"
27. Bronze Roman money
28. Surrealist painter Salvador
29. 1800s fashions undergarments
30. Actress, Melissa Joan __
31. Lhasa __ (Arf!)
32. Songstress, India.__
33. Church's sounder
34. King with a golden touch
35. Kitchen†appliance
36. Montreal seasoning
39. Foregoes
40. Three-toed sloths
45. The __ Place Hotels
46. Card game
48. Actor Mr. Lundgren
49. Thousand: French
50. "Hmmm, _ __ to remember..."
52. Before: French
53. Songstress Ms. Lauper
54. Comparison word
55. Govern
56. "__ __ doing..." (Thereby)
57. Tube
58. NS part
60. Alternate spelling, for short

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		2	4		9	8		
	7		2		8		6	
6								5
		3	9	2	6	1		
		9	5	1	7	3		
4								3
	5		6		3		8	
		7	8		5	4		

Yesterday's Sudoku

2	6	9	5	7	3	1	4	8
8	7	5	6	4	1	3	2	9
3	1	4	8	2	9	6	7	5
4	3	6	1	5	7	8	9	2
1	5	7	2	9	8	4	6	3
9	8	2	4	3	6	5	1	7
7	9	1	3	6	5	2	8	4
6	2	3	9	8	4	7	5	1
5	4	8	7	1	2	9	3	6

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The IKEA Brighter Lives for Refugees campaign helps bring light to UNHCR refugee camps, making them better and safer for the families who call them home. From **February 3rd** to **March 29th**, buy any LED light bulb and the IKEA Foundation will donate $1 to brighten the lives of those in need.

Read more at IKEA.ca/brighterlives

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